



RARE DISEASE AWARENESS MONTH:

EHLERS-DANLOS SYNDROMES

MARFAN'S SYNDROME

STICKLER SYNDROME

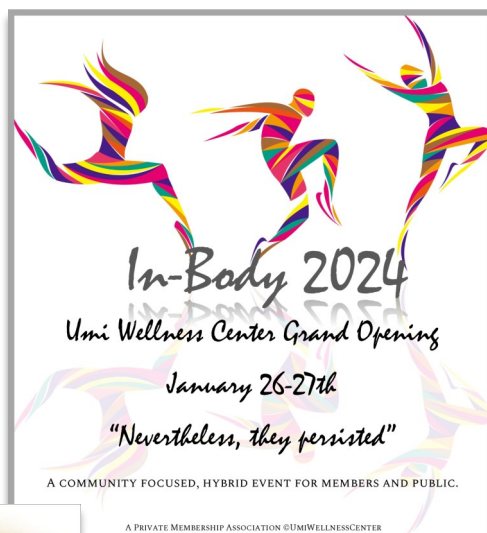
LOEYS-DIETZ SYNDROME

SHOW US YOUR STRIPES! COME TO ZEBRA HEARD! AND SHARE YOUR STORY!

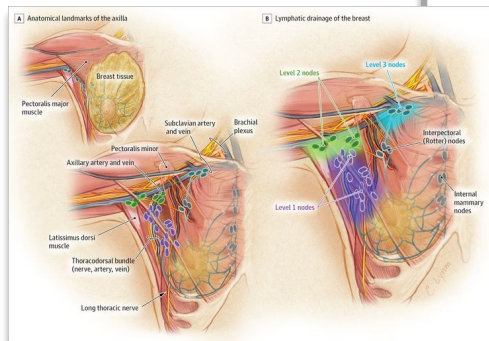
JANUARY'S A WRAP!

HERE'S WHAT WE GOT UP TO.

Launching our first event in the In-Body Series for the 2024 GRAND opening of the Umi Wellness Center!



Heart Beats guided by Katye led the group through fun and mindful attention to the power of music.



Found our balance with Rachel Lee, then enjoyed lymphatic massage self-treatment with Theresia Random, opening up channels for restorative flow.



And Dr. Elinor Bashe honored us with an open and vulnerable discussion hour on navigating chronic illness as individuals, couples and parents.



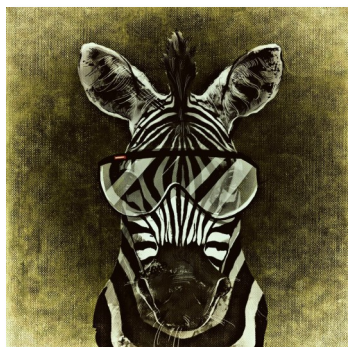
~ HEALING TOGETHER~

NEW AT UMI WELLNESS!

PURSUING OUR MISSION TO GROW AND CHANGE THE FACE OF CHRONIC ILLNESS CARE

Zebra Heard! - OTTP

- ◇ 3rd Friday of each month!
- ◇ Alternately online and in-person
- ◇ Location Announced on FB and Online Calendar.
- ◇ FREE & suggested donation as we continue to raise funds for patients in financial crisis.



Sound Sanctuary ~ OTTP



Katye leads a 6 week drop-in sound retreat from the comfort of your home. Jump onto Zoom from our community Calendar link every Wednesday evening in March to rest, enjoy, dance or chill. Take a moment to pause and LISTEN...

Umi-Moves ~ MO



This month, Umi-Moves introduces this combo class of fascia mobility and Bones for Life® by dance educator and EDSer Rachel Lee. Thursday nights on Zoom in 3 week blocks, this class will get even the most achy bodies moving again!

IN-BODY - OTTP



The InBody workshops are transforming into a powerful and intuitive lecture series!

Herbals and oils, sound bathing, rare disease education lectures, patient advocacy support and more.

Visit our website for more information, and email us any time to sign up for event announcements.

OTTP—OPEN TO THE PUBLIC

MO - MEMBERS ONLY! (MEMBERSHIP MAKES IT POSSIBLE FOR OUR PROVIDERS WORK ACROSS STATE LINES, AND PRICE OUR OFFERINGS COMPETITIVELY FOR THOSE THINGS INSURANCE DOESN'T COVER).



mind-body-spirit

**KIDS
CORNER**

Riddle Me This

Q - What can be touched but not seen?

Q - What kind of flower LOVES to talk?

Q - Why would you put candy under your pillow?

We didn't realize we were making memories, we just thought we were having fun.

A. A. Milne

Answers on page 4.

Valentine's Day

word scramble

DER _____ KNIP _____

ERTHA _____ SESISK _____

ROROWA _____ UFBRYRAE _____

HOLCETAOC _____ OPEM _____

SRHUC _____ LTETRE _____

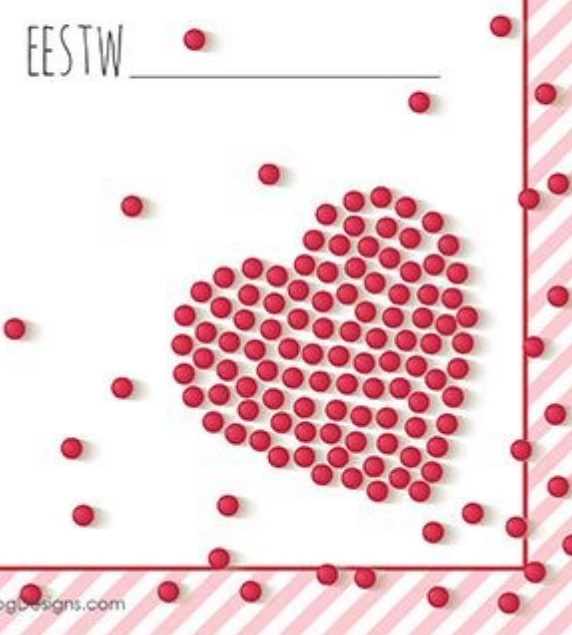
DYNCA _____ EESTW _____

VLOE _____

PELEVEON _____

NEOYH _____

CIDPU _____





FEBRUARY SPECIAL PROMO!



WHEN YOU GIVE THE GIFT OF WELLNESS WITH UMI, YOU'RE GIVING HOPE.

DOWNLOAD ONLINE, FILL IN BY HAND (THE OLD FASHIONED WAY, BUT USE ADOBE OR DRAW APP IF NEEDED. NO TYPING PLEASE) AND GIVE TO YOUR PERSON.

WE'LL DO THE REST!

Kids Corner Answer Key

Word Scramble:

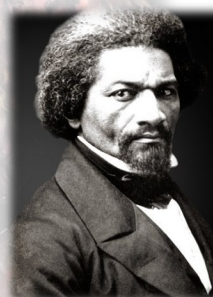
- C.1 - Red, Heart, Arrow (spelling error), Chocolate
- C.2 - Crush, Candy, Love, Envelope
- C.3 - Honey, Cupid, Pink, Kisses
- C.4 - February, Poem, Letter, Sweet

Riddles Me This:

- A - Someone's Heart
- A - Tulips
- A - To have sweet dreams.

~Black History Month~

Frederick Douglass, eloquent and renowned abolitionist of the 19th century, chose to celebrate his birthday on February 14th because his mother called him her "Little Valentine."



I prefer to **be true to myself**, even at the hazard of incurring the ridicule of others, rather than to **be false**, and to incur my own abhorrence.

- Frederick Douglass

AZ QUOTES